

Foundation PE (Reception) - Rock 'n' Roll

Home Learning Challenge Sheet

At school we are learning to complete different types of gymnastic rolls. Please help me at home. The following activities will help us to become good at a range of rolls.

Activities to Support Learning

Rolling Races

Challenge your friend to a rolling race. Agree on which roll you are going to do first, making sure you both do the same. Have a rolling race to see who can get to the finish line first.

Teach Me to Roll

Find something to use as a pretend child e.g. a doll, teddy or action figure. Pretend to be the teacher and teach your child to complete the different roll. Remember to give them the correct instructions about how to roll, and show them if you need to. You could also teach a grown-up or a friend.

Musical Rolls

Play some music and dance along. Ask a friend to stop the music and shout out a type of roll for you to complete. You must complete the roll before the music starts again.

Join Those Rolls

See how many rolls you can remember. Practise putting the different rolls together. Start with 2 rolls, then add some more. Ask a friend to try to guess your rolls. Can you do a pencil roll and then an egg roll straight after one another?

How to Roll:

1. Egg Roll – Curl up like an egg with your knees on your chest, holding them with your arms. Then roll all the way over.
2. Pencil Roll – Lie as flat and straight as possible, with your arms above your head as you roll like a pencil.
3. Dish Roll – Begin by lying flat on the ground, with your arms above your head, then lift your arms and legs off the ground slightly. Control your roll from front to back, then back to front.
4. Rock on Back – Sit on the floor holding your knees to your chest. Rock on to your back then back to a seated position.
5. Teddy Bear or Circle Roll – Start on the floor with your legs apart. Hold onto your legs, behind your knees, then roll back on to your first shoulder. Then roll across onto the other shoulder, and back to a seated position.

You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us about how you have improved your rolling skills!